

DV The Desert Voice

United States Army Central
"Transforming to Full-Spectrum Operations"



March 5, 2008

Marines load up

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On the cover

Marines with Scout Sniper Platoon, Battalion Landing Team, 1st Battalion, 5th Marine Regiment, 11th Marine Expeditionary Unit, de-link 7.62 mm ammunition before firing them at a sniper range at Camp Buehring, Kuwait, recently. For the full story turn to page 6.

Photo by Marine Cpl. Scott M. Biscuiti

Contact us

Comments, questions, suggestions story ideas? Call the Desert Voice editor at 430-6334 or e-mail at desertvoice@arifjan.arcent.army.mil.

A message from the CG ...

Women's History Month

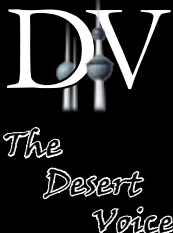
More than 200,000 women proudly serve in our Armed Forces today, a vital component of our readiness and help define who we are as a military. Women's contributions and influence in this and other areas, however, have not always garnered the recognition and praise they merit. By congressional resolution, each March is designated as Women's History Month, a time when programs and activities in schools, workplaces and communities ensure the history of American women is both recognized and celebrated.

In honor of the originality, beauty, imagination and multiple dimensions of women's lives, the 2008 theme for Women's History Month has been designated "Women's Art: Women's Vision." This theme provides an opportunity to discover and celebrate women's visual arts while helping expand our perception of ourselves and others.

I encourage each of you to learn more about the contributions women have made to our Armed Forces, our country and our society by participating in some of the various activities offered during March to celebrate their legacy.



JAMES J. LOVELACE
Lieutenant General, USA
Commanding



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Sports-related injuries could be more costly than you think

Story by
Bob Van Elsberg
Army Safety Center

You've heard about how injuries on the battlefield take Soldiers out of the fight, but how about injuries on the basketball court, softball field or in the weight room in the gym?

The issue is more serious than you might think and is cutting into Army readiness stateside and combat power overseas.

Just how big is this problem? The U.S. Army Center for Health Promotion and Preventive Medicine recently developed a poster based upon a study of physical training and sports-related injuries. We have summarized the information in that poster in this article and are also providing some sports safety tips suggested by USACHPPM.

It is important for leaders to take a few minutes to review this information and consider how reducing these injuries can help maintain their unit's combat power.

The cost downrange

Participation in sports and physical training is recognized as a leading cause of injuries among Soldiers. Looking back in history, during Desert Storm, these sports injuries accounted for nearly 18 percent of non-combat-related Soldier hospitalizations. Those hospitalizations resulted in significant lost duty time and decreased military readiness.

Play the clock forward to Operation Iraqi Freedom. Although the times have changed, the overall percentage for these injuries has not. Looking at the statistics for Soldiers air evacuated from the theater for treatment of non-combat injuries between March 19, 2003, and June 30, 2006, it's still roughly 18 percent.

The next paragraph details the major injury producers and types of injuries suffered by Soldiers.

Sports and PT injuries were the second-leading cause of non-combat injuries and resulted in 1,042 Soldiers being air evacuated from the

Distribution of cause of injury for non-combat injuries air evacuated from Operation Iraqi Freedom (March 2003-June 2006).


CAUSE OF INJURY	FREQUENCY (TOTAL=5845)	PERCENT (%)
Falls/Jumps	1047	17.9
Sports/physical training	1042	17.8
Motor vehicle crashes	958	16.4
Crushing or blunt trauma	503	8.6
Lifting, pushing, pulling	484	8.3
Twisting, turning, slipping	399	6.8
Shoes and clothing	234	4.0
Cutting and piercing	183	3.1
Handling weapons/ammunition	174	3.0
Environmental	167	2.9
Other specified	654	11.2

theater for treatment from March 2003 through June 2006.

The primary sports were basketball (27.1 percent), football (19.9 percent), PT (19 percent) and weightlifting (10.5 percent). The leading injury types were fractures (26 percent), dislocations (21 percent), disorders of muscle/tendon (15 percent) and sprains/strains (11.9 percent). Injuries primarily involved the knee (28 percent), wrist/hand (15 percent), an-

kle/foot (13 percent), shoulder (12 percent) and lower leg (seven percent).

The cost at home

Just as with deployed Soldiers, participation in sports and PT is an issue for concern with Soldiers at home station. Because sports-related injuries result in significant lost duty time and decreased military readiness, reducing these injuries has been an important area of focus for Army injury prevention efforts. 

Distribution of sports activities that caused non-combat injuries requiring Soldiers to be air evacuated from Operation Iraqi Freedom (March 2003 -June 2006).

SPORT ACTIVITY	FREQUENCY (TOTAL=1042)	PERCENT (%)
Basketball	282	27.1
Football	208	19.9
Physical Fitness Training	198	19.0
Weight Lifting	110	10.5
Softball	56	5.3
Wrestling & Martial Arts	49	4.7
Volleyball	35	3.4
Soccer	26	2.5
Frisbee	11	1.1
Boxing	10	1.0
Swimming/Diving	10	1.0
Other specified	47	4.5

Kenya VETCAP kicks off on the right hoof

Story by
Sgt. Michelle Halpin
CJTF-Horn of Africa Public Affairs

A Combined Joint Task Force-Horn of Africa civil affairs team kicked off a veterinary civil action program on Manda Island in Kenya's Lamu District, Feb. 14.

Members of CJTF-HOA's 350th Civil Affairs Command, Functional Specialty Team, joined their local partners at a 'cattle crush' and attended to 441 goats and sheep and a dozen dogs brought to the VETCAP by local herdsman. All the animals were treated for internal and external parasites and ticks. Additionally, goats and sheep received a dose of multi-vitamins and were treated for blood-borne parasites and contagious caprine pleuropneumonia, which is a major killer of goats in Africa.

The Manda island 'cattle crush' is the first of several sites the 350th CACOM FXSP and their Kenyan partners visited in the region.

"Yesterday, being the first day of the VETCAP, was our initial opportunity to partner with the Kenyan veterinary staff, the veterinarians and the local technicians," said Capt. Catherine I. Williams, 350th CACOM FXSP lead veterinarian. "Our goal was to facilitate and to work in a supportive role for them while they actually conducted the vaccination injections. The idea of doing the veterinary work while we were in a supportive role in the background is absolutely what our goal is and what our focus and what our mission is."

"It was a great first day. We got to work with the Kenya Red Cross and the National Youth Service. They did a great job helping move the goats and working with the animal herdsman. I was really pleased with their work ethic.

They were willing to get in there and get dirty and get the herds run through. I think it's going to be a great mission," said Capt. Karin Hamilton, 350th CACOM FXSP veterinary corps officer.

According to the team, things will get a little more complex at the next VETCAP site.

"We look forward to seeing how the next several days go when we start adding cattle – we start working cattle and chickens and goats at the same time. Yesterday was a fairly slow-paced day and I think it was important for us to work out any potential problems and kinks in our system," Williams added.

The VETCAP personnel expect to treat over 20,000 animals during their current mission, where at its peak, they expect to take care of over 10,000 animals in a single day.

A Reserve Soldier and veteran

of seven other VETCAPs during this deployment, Williams is a private veterinary practitioner in her hometown of Fayetteville, Ark. She is part of the 7307th Medical Exercise Support Battalion at Fort Sam Houston, Texas, and is deployed with the 422nd Medical Detachment, currently attached to CJTF-HOA's 350th CACOM FXSP.

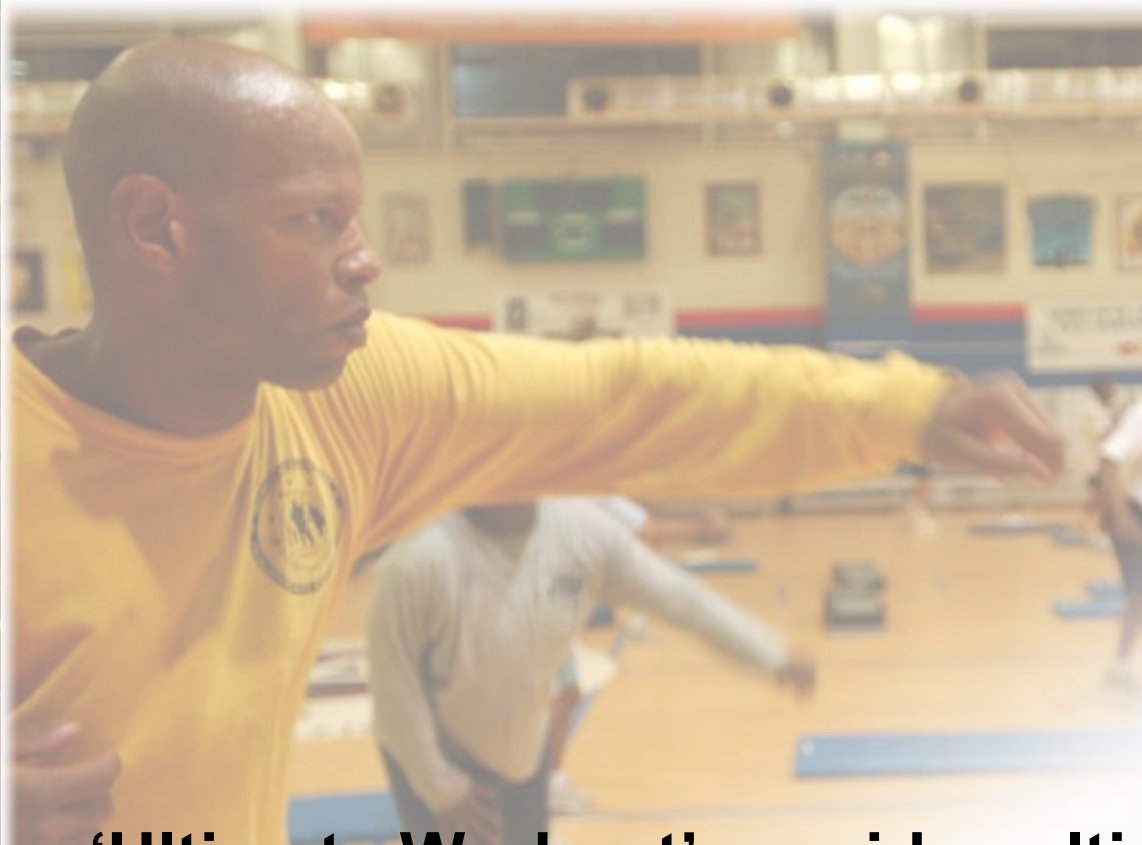
Hamilton is an active duty Soldier deployed from Veterinary Command at Fort Sill, Okla., and claims both Virginia Beach, Va., and South Sutton, N.H., as her hometowns. She recently completed an extensive VETCAP mission in Uganda, where she assisted in the treatment of more than 30,000 animals.

The mission of CJTF-HOA is to prevent conflict, promote regional stability and to protect coalition interests in order to prevail against extremism. **A**



(From left to right) Dr. Mbogo, lead Kenyan veterinary representative, Capt. Karin Hamilton veterinary corps officer for Combined Joint Task Force-Horn of Africa's 350th Civil Affairs Command, Functional Specialty Team, and Capt. Catherine I. Williams, lead veterinarian for the 350th CACOM FXSP, examine a sick goat that was brought to them for treatment during the first day of a veterinary civil action program that kicked off on Manda Island in Kenya's Lamu District, Feb. 14.

Background photo by Senior Airman Jacqueline Kabluyen



Master Sgt. Samuel Jones, the 1st Sustainment Command (Theater) network operator non-commissioned officer in charge and a native of Philadelphia, kicks his way to fitness during the “Ultimate Workout” at Camp Arifjan, Kuwait.

‘Ultimate Workout’ provides ultimate results

*Story and photos by
Pfc. Christopher T. Grammer
Desert Voice staff writer*

The last thing most people expect to be doing at five in the morning is working up a sweat to loud pulsating music in a brightly lit gym.

However an increasing amount of servicemembers at Camp Arifjan are getting their physical training bright and early at what is called the “Ultimate Workout.”

Founded and operated by Master Sgt. Ruby Murray, G3 orders manager noncommissioned officer in charge for 1st Sustainment Command (Theater), the Ultimate Workout is designed to help servicemembers shed pounds and increase their PT test scores while achieving an ideal level of fitness.

“The reason I came up with the Ultimate Workout was because I had to come up with a way to work out the five main components of the body that the Army tells us we have to do and put it all in to one mix,” Murray said.

In 1998, Murray was pregnant.

During the pregnancy she gained more than 90 pounds. With the paperwork already written up to put her out of the Army she decided to hire a personal trainer to help her get back in shape.

Two weeks and a considerable sum of money later Murray was ready to give up. At that time she reflected on why she wanted to stay in the military.

“I really wanted to be in the military because I love Soldiers and I love training,” Murray said.

With a newfound boost in morale Murray said she got up to the level of fitness her personal trainer wanted her to be at. Within a six-month time frame she was back in shape and passing her record PT tests.

Murray said she continued to work out every morning and occasionally during her lunch break.

After being approached by one of her battalion’s sergeants major she took over her battalion’s post-partum PT program.

“After I took over the program I never looked back,” Murray said.

Murray’s program has seen significant success among its regular

attendees, she said. Fifteen people maxed their PT test who have never done so before.

“Master Sgt. Murray is a great leader,” said Staff Sgt. Jeffery Simpson, Adjutant General operations NCOIC with the 101st Human Resources Company. “She is exactly the type of NCO we need in the corps.”

Not only have servicemembers seen results on their PT tests but many have lost significant weight since they began attending the program.

“I’ve lost four inches off my hips and 12 pounds since August,” said 2nd Lt. Valerie Haubenstricker, the Regional Network Operations Security Center Information Assurance officer in charge and a native of Marion, Ala.

One of the things servicemembers like most about the Ultimate Workout is the combination of Murray’s enthusiasm and the music she plays to wake up servicemembers and get them to have a good time as well as stay fit.

“It’s energizing from the beginning to the end,” Haubenstricker said. **A**

Marine scout snipers scope out new

Story and photos by
Cpl. Scott M. Biscuiti
11th MEU Public Affairs

Thanks to new sniping tactics picked up by Marine scout snipers in Kuwait, insurgents caught in their scopes are guaranteed to have a bad day.

The Scout Sniper Platoon and Reconnaissance Marines with Battalion Landing Team, 1st Battalion, 5th Marine Regiment, 11th Marine Expeditionary Unit, attended a 10-day training package headed by National Sniper Champion Todd Hodnett, recently. Hodnett taught the Marines how to improve their lethality with new shooting formulas, shooting positions and techniques.

"Training with Todd Hodnett has taken our capabilities to a level that I didn't think was possible as a scout sniper," said Cpl. Ryan Lindner, a scout sniper from Napa Valley, Calif. "Todd has really revolutionary tactics about shooting [around, over and within buildings]."

During the training, the snipers were able to effectively engage targets that were behind buildings and many Marines hit targets at distances that they never attempted before.

One particular technique learned on the ranges was shooting loopholes. This technique makes the shooter virtually invisible from enemy detection by allowing him to shoot through a very small hole from 20 to 30 feet away.

"I've done stuff out here that I've

never even heard of before," said Cpl. Scott Koppenhafer, a scout sniper. "It directly correlates to everything we would do in combat."

1st Lt. Frank Edwards, Scout Sniper Platoon commander, said the Marines have been using personal digital assistants or PDAs to expand their capabilities.

"PDAs are relatively new to the Marine Corps and very new to our platoon," said the Olney, Md., native.



The Scout Sniper Platoon and Reconnaissance Marines with Battalion Landing Team, 1st Battalion, 5th Marine Regiment, 11th Marine Expeditionary Unit, engage targets at Camp Buehring, Kuwait, recently.

W tactics in Kuwait



(Background) Cpl. Diego Pongo, a Simi Valley, Calif., native, chambers another round as he engages targets from a rooftop at Camp Buehring recently. The Scout Sniper Platoon and Reconnaissance Marines with Battalion Landing Team, 1st Battalion, 5th Marine Regiment, 11th Marine Expeditionary Unit, attended a 10-day training package headed by National Sniper Champion Todd Hodnett.

"It's a quicker, more efficient way for our guys to do math calculations such as atmospheric pressure, wind speed and target range so they can make their adjustments faster."

Using the hand-held devices was a new experience for many of the Marines.


"This is the first time I've worked with them," said Koppenhafer, a Mancos, Colo., native. "It used to take a week on the range going through boxes and boxes of ammo to build up data for

your rifles. The PDA cancels that out. What used to take a week, now takes an hour."

In addition to learning advanced formulas and using modern technology to gain the upper hand, the Marines prepared themselves for the unexpected by shooting with different ammo and storing the results in their PDAs.

"If a sniper is in a firefight and has to switch to different ammo, he already has the data in his PDA," said Edwards.

As time changes, so too do the tactics and technological advances available to snipers. Learning what they are and how to employ them will keep Marine scout snipers at the top of the food chain, Lindner said.

"Taking what Todd has taught us enlarges everything we can do," Lindner said. "We can engage targets a lot faster, farther and with a lot more accuracy. It will make us that much more of a combat multiplier out on the battlefield." 

He just keeps going ...



Sgt. Maj. Ruben "Ben" Cavazos (center left) from Honolulu, sergeant major for the 8th Human Resources Sustainment Center, and U.S. Navy Lt. Cmdr. Paul Allen, a dietician for Medical Task Force – Kuwait, begin the Hawaiian Ultra Running Team 100 at Camp Arifjan, Kuwait, Jan. 19.

8th HRSC sergeant major Army Male Athlete of the Year

"It was my own Olympics. It didn't happen overnight; it was a long process."

Sgt. Maj. Ruben "Ben" Cavazos
8th Human Resources Sustainment Center

Story and photos by
Sgt. 1st Class Paul Tuttle
1st TSC Public Affairs

Many men past the age of 45 resign themselves to slowing down and relaxing, but not the sergeant major for the 8th Human Resources Sustainment Center at Camp Arifjan, Kuwait. He doesn't seem to have slowed a bit.

The Family and Morale, Welfare and Recreation Command in Alexandria, Va., announced Feb. 20, that Sgt. Maj. Ruben "Ben" Cavazos, 48, was the U.S. Army Male Athlete of the Year for 2007.

"My jaw dropped," Cavazos said when he was told he was chosen. "I received an e-mail [on Feb. 8] to call MWR Headquarters as soon as possible, but it came right before the weekend."

and going ...

and going ...

He had to wait until the following Tuesday before he could speak to anyone (Kuwait is eight hours ahead of Eastern Standard Time), but he could only speculate. He thought perhaps it was about the competition and his packet, but wasn't sure about it, he said.

Even when his nomination was confirmed, he asked, "Are you sure you have the right guy?" He said he felt like a little kid "with a lot of toys and marbles," but he wanted to measure it against something bigger.

"It was my own Olympics," the Honolulu native said. "It didn't happen overnight; it was a long process."

Cavazos, a former third grade teacher, started running while growing up in northern Mexico, playing soccer.

"When I came to the United States, and when I joined the Army back in the late '70s, most in the United States didn't know what a soccer ball looked like," he said. "I did my first 18 months in Germany, and I played there. Soccer is a huge sport there."

He completed his tour in Germany and transferred to Fort Bragg, N.C., and it was there he started running for sport.

"It took me four or five years to really call myself a runner," the 48-year old said. He said he found he was good at it and began to compete, first at the division level, then the installation level and represented the 82nd Airborne Division in Army wide competitions. "It became a life-style," he said.

Cavazos ran in the inaugural Army 10-Miler, and has completed more than a dozen since, both as an individual competitor and running on teams,

placing in the top three when he wasn't winning.

He met his wife in 1995, when he transferred to Hawaii. "She introduced me to trail running," he said. Before that, he hadn't run any distance greater than a marathon. "It's very different."

For one thing, he explained, trail running uses many more muscle groups than road running – it is mountain running. "The elevation change in the HURT 100 in Hawaii is in excess of 23,000 feet," he said. "It's punishing, because when you go up, you have your hands on your knees in some sections, or you are using a rope, because if it's raining, it's very treacherous."

The HURT 100-mile endurance race is five 20-mile circuits through the mountains of Oahu Island, Hawaii. Runners have to finish within 36 hours to receive an official time, and Cavazos has run six of them.

If that isn't enough, he runs with two screws in his knee. "I like to try different things," Cavazos said. "I got into mountain biking ...," while he attended the Sergeant Majors' Academy and tried down-hill competition. He



Maj. Jason "Jay" Edwards (left) from Coldwater, Mich., hands Sgt. Maj. Ruben "Ben" Cavazos from Honolulu, a cup of water after Cavazos finished the 65th mile of the Hawaiian Ultra Running Team 100 at Camp Arifjan, Jan. 19.

fell down a cliff during a time trial in December 1998, and shattered his left kneecap.

"That was probably the most painful day in my life," he said. The doctors wired the pieces together, but he went back to running, participating in a marathon the following year.

"I broke my knee a second time, but this time it was playing soccer with my Soldiers," he said. He was kicked

Continued on next page ...

and going ... and going ... and going ...

... Continued from page 9

in that same knee, but it broke into two pieces. Because the pieces were big enough, he said, doctors were able to fix it with only two screws. Then he ran his first HURT 100.

Race officials only allow 100 runners to compete. They are selected by submitting an application and establishing their credentials through prior races and distances run.

"They want to keep the quality, the friendliness, and the support they give to the runners to be first class," Cavazos said.

Cavazos is the only person to run the 100 for six consecutive years in Hawaii. On Jan. 19, Cavazos ran his seventh HURT 100 at Camp Arifjan, Kuwait, with special permission from race officials because he is deployed, supporting Operations Enduring Freedom and Iraqi Freedom.

However, his accomplishments started in 2007 with his sixth HURT 100. He ran a 10K and a 5K race in April, the Kona Marathon in Hawaii in June, the Volcano Marathon in Hawaii in July, a 22-mile trail race (with his 16-year old son) in August, two 5K races in September, the Army 10-Miler (shadow race in Kuwait) and another 5K race in October, finishing with a 5K race in November, taking first place in five of those races.

The selection process for the Army Athlete of the Year involves more than just physical ability, Cavazos said. Community service and the total Soldier are important too. He said that he participates in community affairs and athletic events everywhere he goes.

Col. Lorraine Tyacke, director of the 8th HRSC, has known Cavazos for several years. "He's always been involved with running," she said, "but he's also a strong supporter of community activity. He's involved with his sons' schools, he's been involved with the Red Cross in Hawaii, he's volunteered for the NCO Association. He's always out there, supporting

others."

In Kuwait, Cavazos continued his community service by raising more than \$11,000 for the Wounded Warrior Program during his HURT 100 run in Kuwait.

He said that he chose that program because servicemembers fighting the war on terror have far better armor and protection than previous conflicts, and many are surviving wounds that may have killed them in the past.

Cavazos said today, servicemembers get medical care on the battlefield faster, are evacuated quicker and lives are saved because of that. The Wounded Warrior Program helps take care of them.

"We cannot afford to forget about them or their Families, and assume that because they will get a medical retirement, life is going to be okay," he said. "They have given much, so it is, in my book, our responsibility to do what we need to do to help them."

Lt. Gen. James Campbell, director of Army Staff for the Office of the Chief of Staff for the Army and former commander of the U.S. Army Pacific, endorsed Cavazos for Athlete of the Year. In his recommendation letter submitted in November 2007, Campbell wrote, "I have known Sergeant Major Cavazos for more than six years, including his service as the United States Army Pacific Inspector General sergeant major during my tenure as commanding general of USARPAC. He is without a doubt the most physically fit man I have ever met. Willing to tackle any physical test set before him, he consistently succeeds and finds enjoyment in every aspect of the challenge. He continues to set himself apart from others by becoming the only runner and Soldier to complete the Hawaii Ultra-Marathon Running Team [HURT] 100-mile trail ultra-marathon for six consecutive years. Sergeant Major Cavazos also distinguished himself as




Photo by Sgt. 1st Class Paul Tuttle
Sgt. Maj. Ruben "Ben" Cavazos runs the last leg of the HURT 100 at Camp Arifjan, Kuwait, Jan. 20.

the only Soldier to take first place two consecutive years at the Kona Marathon. He finished third at the Volcano Marathon, and placed first in his age group (40-49) during the Kuwait "shadow" run of the Army 10-Miler."

Maj. Jason "Jay" Edwards, deputy director for Postal Operations for the 8th HRSC, ran 15 miles with Cavazos when Cavazos ran 100 miles Jan. 19 and echoed those sentiments. Edwards managed and coordinated the last few ultra-marathons and the Kuwait HURT 100 in which Cavazos ran.

"It's absolutely well deserved, that this 48-year-old can do ultra-marathons and compete with younger Soldiers," the Cold Water, Mich., native said. "The sergeant major is the most mentally tough and physically fit man I've met in my life."

Cavazos receives his award at a 2008 Association of the U.S. Army symposium in Fort Lauderdale, Fla., Feb. 28. 

Just One Question ...

“What is the significance of Women’s History Month?”



“To honor all the women who have served our country.”

Spc. Jessica Barthold
708th Medical Company
Administration clerk
Chicago



“To recognize the major contributions women have had on society.”

Maj. Gregory Hargett
Task Force AVCRAD
Logistics officer
Hattiesburg, Miss.



“It shows that women have come a long way in the military and our society.”

Capt. Sharon M. Sullivan
CDDOC
Deputy director, sustainment
Atlanta



“It shows a lot of accomplishments that women were not able to do in the past. It shows all the things that women have accomplished in a man’s world.”

Master Sgt. Cortorcha Rucker
408th Contracting Support Brigade
Contracting officer
Greenville, S.C.



“It signifies the woman’s liberation, women’s rights and the woman’s mark on history.”

Chief Warrant Officer Jonell Kosa
USARCENT G1
Personnel action officer
Sacramento, Calif.



***‘Lucky Strike’
is here***

Photo by Pfc. Christopher T. Grammer

Vehicles get lined up and prepped at Camp Arifjan, Kuwait, Feb. 26 in preparation of the Lucky Strike 2008 exercise. Lucky Strike 2008 started Feb. 24 and will conclude March 11 at Camp Buehring. For the full story, check out next week’s issue of the Desert Voice.

“Great Scott!” Doc Brown says:



Remember, Day-light Savings Time starts March 9. Time back home will “spring” foward one hour earlier.

(Except Arizona and Indiana)

Why I serve: Cmdr. William J. Lyons
EMF Kuwait
Dental Officer



The Dubuque, Iowa, native explains why he joined the military.

“To travel, get a better education and broaden my horizons.”

What's happening around USARCENT...

Working hard

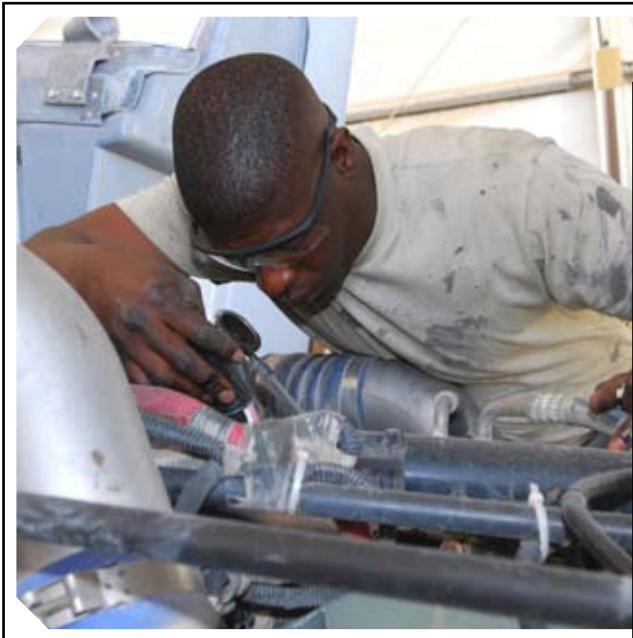


Photo by Sgt. 1st Class Paul Tuttle

Spc. Audley Linton, from Hinesville, Ga., inspects the engine of a M915 truck in the motor pool for the 1230th Transportation Company at Camp Arifjan, Kuwait, Feb. 29. The 1230th TC is from Bainbridge, Ga., and runs supply convoys from Kuwait into Iraq, supporting Operation Iraqi Freedom.

Reading hard



Photo by Sgt. 1st Class Eric Brown

Maj. Gen. Dennis Hardy, U.S. Army Central deputy commander, reads Dr. Seuss' *Oh, the Places You'll Go!* to 5th grade students at Teasley Elementary school in Smyrna, Ga. as part of the class's Dr. Seuss Day celebration Feb. 29, 2008. The class' teachers, Teresa Hiles and Terri Bunch, on behalf of the 5th grade children, presented Hardy with a hand-made "thank you" gift after the book reading and many curious questions were answered, at the end of the reading. The event was part of USARCENT's community outreach program.

Thanking hard



Photo by Spc. Giancarlo Casem

Lt. Col. Clinton Pendergast, Area Support Group-Kuwait deputy commander, addresses members of the CSA security force at Camp Arifjan, Kuwait, Feb. 29. Pendergast thanked the security officers for their support during President George Bush's visit last month and for the team's performance during the Joint Integrated Services Vulnerability Assessment.

Dancing hard



Photo by Sgt. 1st Class Eric Brown

Graduates of the "Il Smooove" swing-out dance class showcase their newly-learned dance moves in front of fellow servicemembers and civilians at Camp Arifjan, Kuwait, March 1.